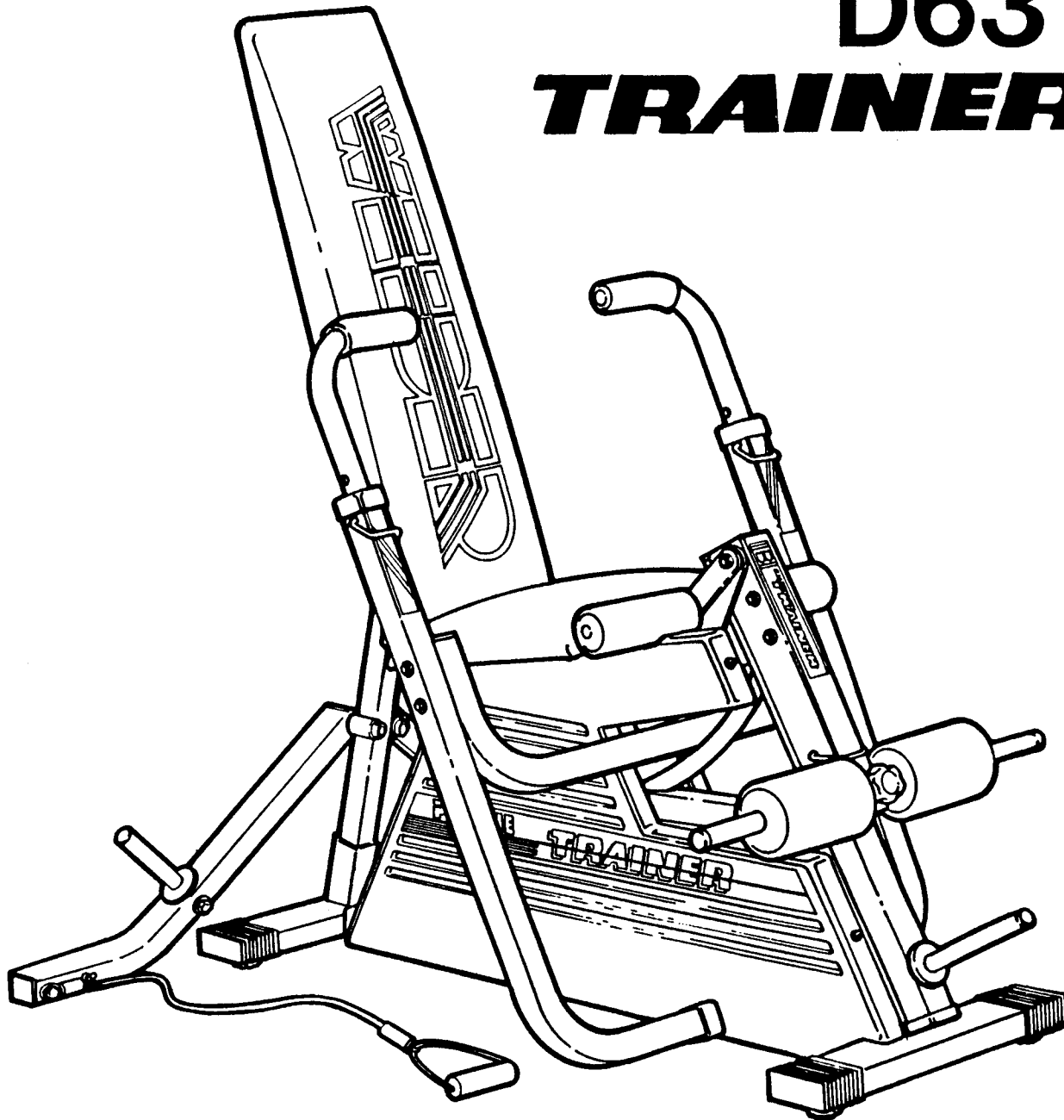


D631 **TRAINER**



weider.

NN-1109

PROLINE

ASSEMBLY INSTRUCTIONS

REPLACEMENT PARTS

WEIDER HEALTH AND FITNESS

21100 ERWIN STREET, WOODLAND HILLS, CA., USA 91367

D631

PARTS LIST

09-14-90

DIAGRAM NO	PART NAME	QTY	ORDERING NO
1	BASE FRAME	1	C1176-D19
2	SIDE FRAME	2	C1177-D19
3	TOP FRAME	1	C1178-D19
4	REAR FRAME SUPPORT (RIGHT)	1	C1179-D19
5	REAR FRAME SUPPORT (LEFT)	1	C1180-D19
6	REAR BASE FRAME	1	C1181-D19
7	BACKREST SUPPORT	1	C2102-D25
8	BACKREST TUBE	1	C1183-D19
9	SEAT	1	C1320-D19
10	BACKREST	1	C1319-D19
11	PLASTIC FRAME SHROUD (RIGHT)	1	C0614-D19
12	PLASTIC FRAME SHROUD (LEFT)	1	C0615-D19
13	LARGE PLASTIC COVER PLATE	1	C0616-D19
14	SMALL PLASTIC COVER PLATE	1	C0617-D19
15	PIVOT TUBE (ZINC PLATED) 1" X 18"	1	C1184-D19
16	ROLLER BRACKET (FLAT)	2	C1185-D19
17	BENCH PRESS CROSS BRACE	1	C1186-D19
18	BENCH PRESS ARM	2	C1187-D19
19	BENCH PRESS HANDLES	2	C1188-D19
20	LEG EXTENSION ARM	1	C1189-D19
21	LEG EXTENSION COVER	1	C1190-D19
22	LATCH HOOK	1	C6900-D19
23	CHROME WEIGHT PIN	1	C6300-D19
24	CHROME ROLLER BAR 1" X 24"	1	C6301-D19
26	FOAM ROLLER PAD 4" X 6"	2	C0438-D19
27	FOAM ROLLER PAD 2 1/2" X 7"	2	C0426-A14
28	CHROME PAD BAR 3/4" X 17"	1	C6302-D19
29	ROLLER BRACKET (ROUND)	1	C1191-D19
73	FLY ARM (LEFT)	1	C0283-D25
74	FLY ARM (RIGHT)	1	C0282-D25
75	WEIGHT STACK PIN (1" X 10")	2	C6304-D20
76	NYLON CABLE	2	C6241-D20
	HARDWARE BAG (NUTS & BOLTS)	1	C5852-D25
	HARDWARE BAG (PLASTICS & BRACKETS)	1	C5853-D25
25	PLASTIC KNOB	1	HH-5285
30	RUBBER FOOT	4	AA-8113
31	2" SQUARE OPEN END CAP	1	AA-8114
32	1 1/2" SQUARE PLASTIC CAP	7	AA-8001
33	2" SQUARE PLASTIC CAP	1	AA-8002
34	1 1/2" SQUARE OPEN END CAP	4	AA-8115
35	ANGLE BRACKET	1	C6901-D19
36	BACKREST "L" BRACKET	2	C6902-D19
37	2" DIAMETER ROLLER	1	AA-8116
38	SMALL LOCK PIN	2	WW-7002

DIAGRAM NO	PART NAME	QTY	ORDERING NO
39	FOAM GRIP 1 1/2" X 5"	2	C0438-C19
40	1 1/4" ROUND PLASTIC CAP	2	AA-8014
41	1 3/4" SQUARE PLASTIC COVER CAP	1	AA-8117
42	1" ROUND PLASTIC CAP	7	AA-8005
43	ROUND WEIGHT BUMPER	3	AA-8016
44	3/4" ROUND PLASTIC CAP	2	AA-8004
45	5/16"-18 X 3/4" HEX HEAD BOLT	2	HH-5245
46	5/16"-18 X 2 1/4" HEX HEAD BOLT	3	HH-5199
47	** 5/16"-18 X 2 1/2" HEX HEAD BOLT	7	HH-5053
48	5/16"-18 X 2 3/4" HEX HEAD BOLT	1	HH-5058
49	* 5/16"-18 X 3 1/2" HEX HEAD BOLT	4	HH-5294
50	5/16"-18 X 5 1/2" HEX HEAD BOLT	4	HH-5295
51	5/16" FLAT WASHER	24	HH-5127
52	*** 5/16" HEX NUT	20	HH-5296
53	1/4"-20 X 3/4" SLOT HEAD SCREW	2	HH-5022
54	1/4"-20 X 2 1/4" SLOT HEAD SCREW	4	HH-5288
56	1/4"-20 X 2 3/4" SLOT HEAD SCREW	2	HH-5289
57	1/4" HEX NUT	2	HH-5028
58	5/32" SELF TAPPING SCREW	8	HH-5310
59	5/32" FLAT WASHER	8	HH-5048
62	3/8"-16 X 2 1/4" HEX HEAD BOLT	1	HH-5061
63	3/8" HEX NUT	1	HH-5293
64	LARGE LOCK PIN	1	WW-7006
65	7/8" X 13" DECAL - STRIPE	2	DE-4130
66	SHROUD DECAL	2	DE-4121
67	BENCH PRESS DECAL (PAIR)	1	DE-4132
68	LEG EXTENSION DECAL	1	DE-4126
69	EYELET PIN	1	WW-7005
70	1 3/4" SQUARE PLASTIC CAP	1	AA-8073
71	EZ-ON CLIP COLLAR	1	BB-0216
77	3/4" BUSHING (FERRULE)	4	HH-5259
78	DUMBBELL HANDLE	2	AA-8119
79	PLASTIC BUSHING (2")	2	AA-8091
80	STOPPER PIN	2	WW-7038
81	5/16"-18 X 1 3/4" HEX HEAD BOLT	2	HH-5301
82	7/8" ROUND PLASTIC CAP	2	AA-8088
	TRAINING MANUAL	1	CNN-1094
	WALL CHART	1	CNN-1080
	ASSEMBLY MANUAL	1	CNN-1109
	* ONE PRE-ASSEMBLED		
	** TWO PRE-ASSEMBLED		
	*** THREE PRE-ASSEMBLED		

BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

THIS PRODUCT REPRESENTS THE STATE OF THE ART IN TECHNOLOGY IN HOME FITNESS EQUIPMENT. EVERY EFFORT HAS BEEN MADE TO BRING TO YOU A PRODUCT OF THE HIGHEST QUALITY AND WORKMANSHIP. WE HOPE YOU WILL FIND THIS PRODUCT BENEFICIAL TO YOUR PHYSICAL CONDITIONING AND WELL BEING.

Joe Weider

DO NOT LET THE QUANTITY OF PARTS DISCOURAGE YOU. BY READING AND FOLLOWING THE ASSEMBLY INSTRUCTIONS, YOU WILL FIND IT GOES TOGETHER EASILY. THIS UNIT TAKES APPROXIMATELY THREE HOURS OF ASSEMBLY TIME.

HELPFUL HINTS FOR ASSEMBLY

1. TOOLS REQUIRED FOR ASSEMBLY INCLUDE: A HAMMER, PLIERS, MEDIUM SIZE FLAT HEAD SCREWDRIVER, AND TWO 6" ADJUSTABLE WRENCHES.
2. PRIOR TO BEGINNING THE ASSEMBLY OF THIS PRODUCT WE RECOMMEND THAT YOU TAKE A FEW MINUTES TO UNPACK AND LAY OUT ALL THE PARTS SO THEY CAN BE EASILY IDENTIFIED. INCLUDED WITH THE LITERATURE OF THE UNIT IS AN ILLUSTRATED PARTS LIST TO HELP IN IDENTIFYING AND SIZING PARTS. IT IS EXTREMELY HELPFUL IF THE CONTENTS OF THE HARDWARE BAG ARE EMPTIED OUT AND LIKE PARTS GROUPED TOGETHER; I.E. 5/16" X 3" HEX HEAD BOLTS TOGETHER, ETC. A HANDY PLACE TO HOLD THE HARDWARE MIGHT BE TO USE THE INSIDE OF THE CARTON TOP. AFTER GROUPING, PARTS AGAINST THE HARDWARE ILLUSTRATIONS AND PARTS LIST TO IDENTIFY PARTS AND SIZES, WRITE THE SIZE AND PART NAME BESIDE EACH PART SO YOU KNOW EXACTLY WHICH PART TO GO TO FOR A PARTICULAR ITEM.
3. THE ASSEMBLY INSTRUCTIONS HAVE BEEN WRITTEN USING CHECK AS YOU GO ASSEMBLY METHOD. BY CHECKING THE BOXES AS YOU GO IT IS VERY EASY TO FOLLOW ALONG THE ASSEMBLY WITHOUT REREADING TO FIND YOUR PLACE IN THE ASSEMBLY.

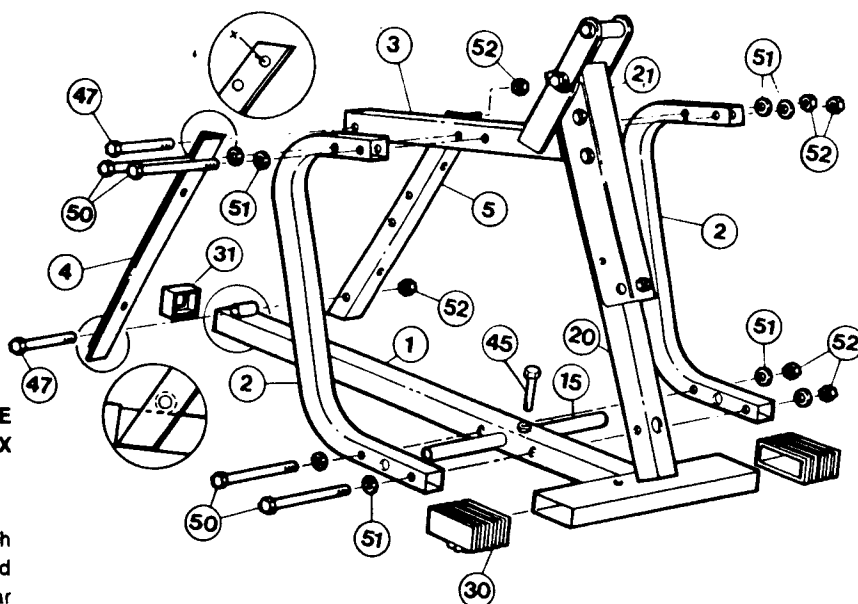
YOU WILL ALSO NOTICE THAT AT THE BEGINNING OF EACH ASSEMBLY STEP THERE IS A HARDWARE LIST SHOWING THE QUANTITY AND DESCRIPTION OF THE HARDWARE REQUIRED TO DO ALL ASSEMBLIES IN THAT STEP. BY PRE-SELECTING THE HARDWARE FOR EACH STEP YOU WILL SAVE TIME AND CONFUSION.
4. TAKE NOTE OF ANY SPECIAL WARNINGS, CAUTIONS, NOTES OR NOTICES. LAY OUT UNASSEMBLED PARTS: FAMILIARIZE YOURSELF WITH THE DRAWINGS THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.
5. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.
6. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.
7. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.
8. TO HELP SECURE PLASTIC CAPS IN TUBING IT IS ADVISABLE TO GLUE ON ALL PLASTIC CAPS DURING ASSEMBLY USING ANY HOUSEHOLD TYPE GLUE.
9. PERIODICALLY CHECK THE UNIT FOR BOLT TIGHTNESS AND PARTS WEAR TO INSURE THAT YOUR EQUIPMENT IS KEPT IN TOP CONDITION. THE PLASTIC SHROUDS PROTECTING YOUR MACHINE SHOULD BE CLEANED PERIODICALLY WITH MILD SOAP AND WATER.

STEP 1 BENCH FRAME ASSEMBLY

HARDWARE

PART NAME	QTY
5/16" X 3/4" HEX HEAD BOLT	1
5/16" X 2 1/2" HEX HEAD BOLT	2
5/16" X 5 1/2" HEX HEAD BOLT	4
5/16" FLAT WASHER	8
5/16" HEX NUT	6
2" SQUARE OPEN END PLASTIC CAP	1

- ☐ Insert and center PIVOT TUBE (15) into BASE FRAME (1) and secure with 5/16" X 3/4" HEX HEAD BOLT (45).
- ☐ Press RUBBER BASE FEET (30) onto each end of Rectangular Base Frame Section and 2" SQUARE OPEN END CAP (31) onto Rear of BASE FRAME (1).
- ☐ Slide curved SIDE FRAMES (2) over PIVOT TUBE (15) and bolt to BASE FRAME (1) using 5/16" X 5 1/2" HEX HEAD BOLTS (50), 5/16" FLAT WASHERS (51), and 5/16" HEX NUTS (52).
- ☐ Make this and all subsequent connections in this step only moderately tight so adjustments can be made in a future step without loosening bolts.
- ☐ Align bolt holes in TOP FRAME ASSEMBLY (3) and SIDE FRAMES (2) and assemble with 5/16" X 5 1/2" HEX HEAD BOLT (50), 5/16" FLAT WASHERS (51), and 5/16" HEX NUTS (52).
- ☐ REMEMBER, DO NOT TIGHTEN!
- ☐ Assemble REAR FRAME SUPPORTS (4) and (5) to TOP FRAME (3) using 5/16" x 2 1/2" HEX HEAD BOLT (47) and 5/16" HEX NUT (52). Attach lower end of REAR FRAME SUPPORTS (4) and (5) to BASE FRAME (1) using another 5/16" x 2 1/2" HEX HEAD BOLT (47) and 5/16" HEX NUT (52).

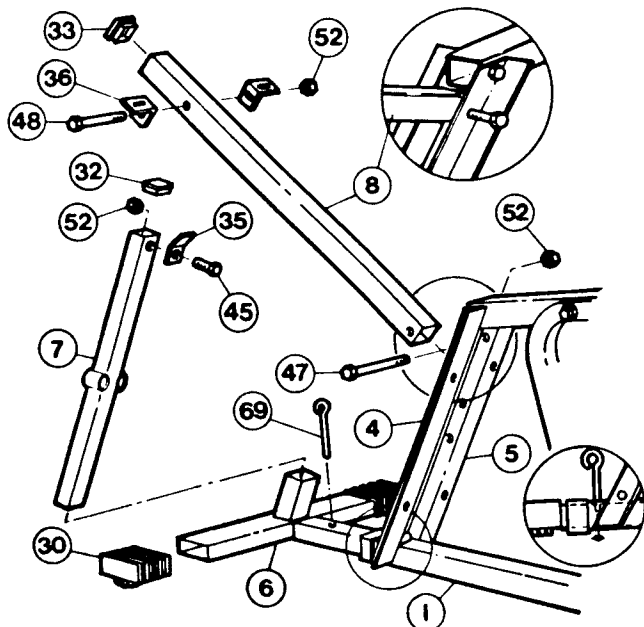


STEP 2 REAR BASE ASSEMBLY

HARDWARE

PART NAME	QTY
5/16" X 3/4" HEX HEAD BOLT	1
5/16" X 2 1/2" HEX HEAD BOLT	1
5/16" X 2 3/4" HEX HEAD BOLT	1
5/16" HEX NUT	3
1 1/2" SQUARE PLASTIC CAP	1
2" SQUARE PLASTIC CAP	1
EYELET PIN	1

- ☐ Assemble two RUBBER BASE FEET (30) to REAR BASE FRAME (6). Slide this section into MAIN BASE FRAME (1).
- ☐ Attach ANGLE BRACKET (35) to BACKREST SUPPORT (7) with 5/16" X 3/4" HEX HEAD BOLT (45) and 5/16" HEX NUT (52). Press 1 1/2" SQUARE PLASTIC CAP (32) into this end of Support Tube.
- ☐ Mount Support Tube into Holder on REAR BASE FRAME (6).
- ☐ Position BACKREST TUBE (8) between REAR FRAME SUPPORTS (4) and (5) so that the three slots are facing down and attach with 5/16" X 2 1/2" HEX HEAD BOLT (47) and 5/16" HEX NUT (52). (See detail drawing for assistance.) THIS BOLT CAN BE TIGHTENED SNUGLY BUT DO NOT OVER TIGHTEN!



☐ Loosely assemble **BACKREST BRACKETS (36)** to Backrest Tube with **5/16" X 2 3/4" HEX HEAD BOLT (48)** and **5/16" HEX NUT (52)**. Cap tube with **2" SQUARE PLASTIC CAP (33)**.

☐ **EYELET PIN (69)** should be inserted into the rear of the Base Frame and through the hole in the sliding Rear Base Frame when the Base is in its' fully compressed position. (SEE ILLUSTRATION)

STEP 3 SEAT AND BACKREST ASSEMBLY

HARDWARE

PART NAME	QTY
1/4" X 3/4" SLOT HEAD SCREW	2
1/4" X 2 1/4" SLOT HEAD SCREW	2
1/4" X 2 3/4" SLOT HEAD SCREW	2

☐ Before assembling Seat, take one of the **PLASTIC SIDE COVERS (12)** and fit it to the frame so that the shroud is over the Curved Side Supports and up against the Rear Frame Support and forward against the Base Frame Front Foot.

☐ Adjust the Base Frame Front Foot.

☐ Adjust the Frame Members slightly if necessary to obtain the best fit.

☐ Remove the Plastic Shroud and securely tighten all bolts.

☐ Align bolt holes in **SEAT (9)** with mounting holes in Frame Members. Using a **1/4" X 2 3/4" SLOT HEAD SCREW (56)** through **TOP FRAME (3)**, attach rear of Seat.

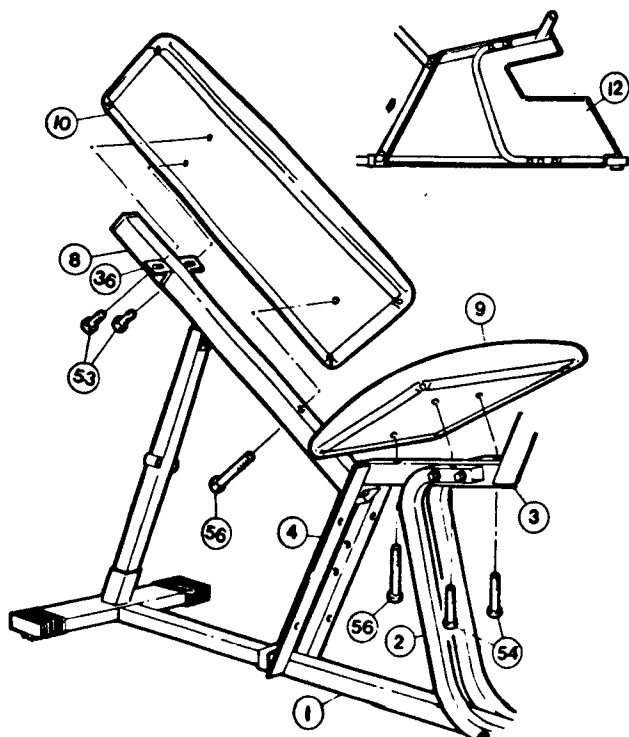
☐ Using **1/4" X 2 1/4" SLOT HEAD SCREWS (54)**, attach front of Seat through curved **SIDE FRAME (2)**.

☐ Make this attachment very loosely so shroud can be fit between Seat and Frame in a future step.

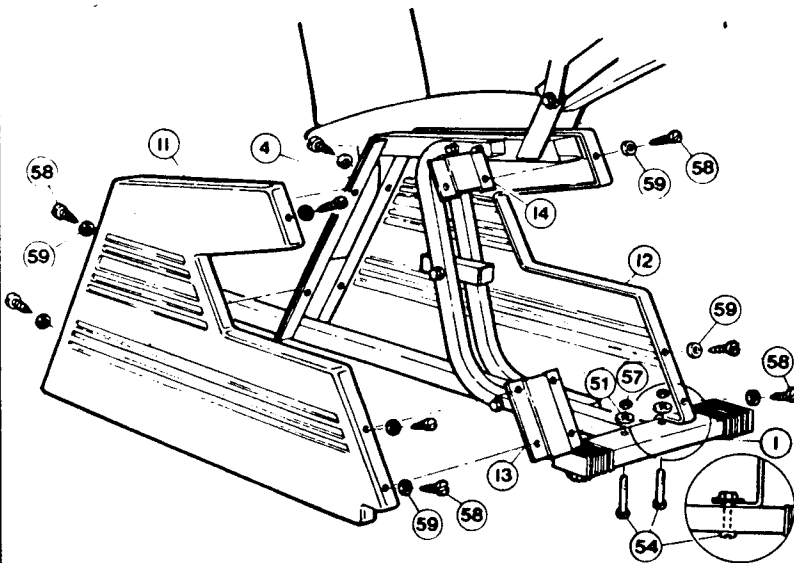
☐ Align holes in **BACKREST "L" BRACKETS (36)** with back of **BACKREST (10)** and attach with **1/4" X 3/4" SLOT HEAD SCREWS (53)**.

☐ Attach bottom of Backrest to Backrest Tube using **1/4" X 2 3/4" SLOT HEAD SCREW (56)**.

☐ Tighten Hex Bolt holding Backrest Angles to Backrest Bar securely.



STEP 4 ATTACHING PLASTIC SHROUDS



HARDWARE

PART NAME	QTY
5/32" #10 SELF TAPPING SCREW	10
5/32" FLAT WASHER	10
1/4" X 2 1/4" SLOT HEAD SCREW	2
1/4" HEX NUT	2
5/16" FLAT WASHER	2

- ☐ Position each **PLASTIC FRAME SHROUD (11)** and **(12)** over Pivot Tube so that they slip between the Seat and Frame and snugly over and against the **REAR SUPPORTS (4)** and **(5)**. Align holes in Cover with the mounting holes in the Rear Supports and attach with **5/32" SELF TAPPING SCREWS (58)**, and **5/32" FLAT WASHERS (59)**.

- ☐ Front of Shroud should fit tightly against Front Foot of **BASE FRAME (1)**.

- ☐ At this point, tighten the three Seat Mounting Screws under the Seat to firmly hold the top of shroud between the Seat and Frame.
- ☐ Next, using two **1/4" X 2 1/4" SLOT HEAD SCREWS (54)**, **5/16" FLAT WASHERS (51)**, and **1/4" HEX NUTS (57)** bolt down the front lower corners of shrouds trapping the plastic between the washer and frame. **SEE DETAIL DRAWING!**
- ☐ Finally, insert the **LARGE PLASTIC COVER PLATE (13)** into lower portion of shrouds. Align holes and bolt together with **5/32" SELF TAPPING SCREWS (58)**, and **5/32" FLAT WASHERS (59)**.
- ☐ Insert **SMALL PLASTIC COVER PLATE (14)** behind upper portion of shroud and attach with **5/32" SELF TAPPING SCREWS (58)** and **5/32" FLAT WASHERS (59)**.

STEP 5 BENCH PRESS ASSEMBLY

HARDWARE

PART NAME	QTY
5/16 X 2 1/4" HEX HEAD BOLT	2
5/16" X 3 1/2" HEX HEAD BOLT	4
5/16" FLAT WASHER	8
5/16" HEX NUT	6
3/8" X 2 1/4" HEX HEAD BOLT	1
3/8" HEX NUT	1
1 1/2" SQUARE OPEN END PLASTIC CAP	4
1 1/2" SQUARE PLASTIC CAP	2
1 1/4" ROUND PLASTIC CAP	2
SMALL LOCKING PIN	2

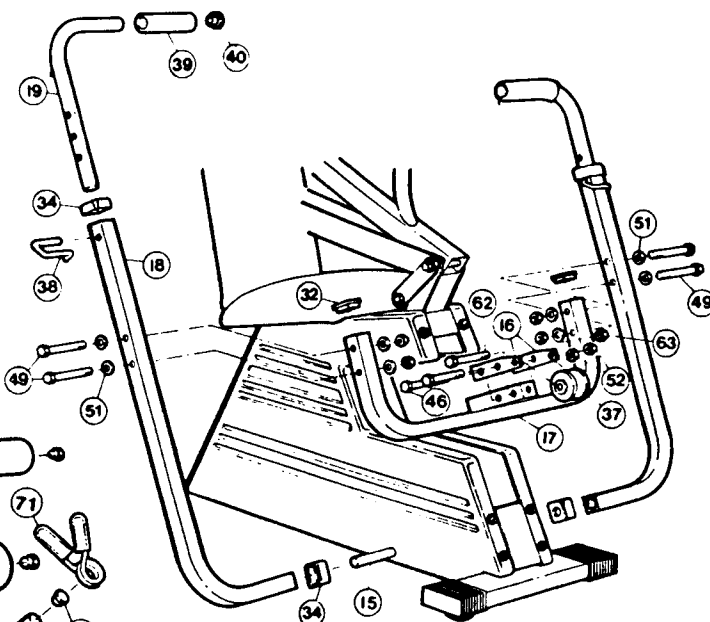
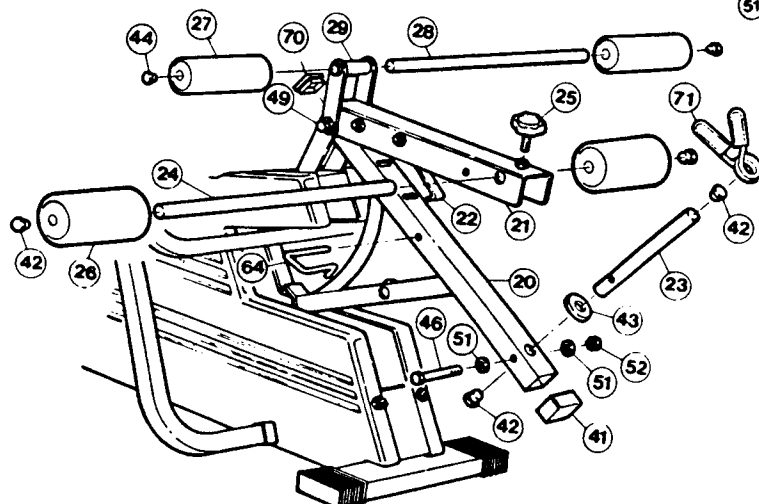
- ☐ First, swing Leg Extension Assembly back over Seat to get it out of the way.
- ☐ Press **1 1/2" SQUARE OPEN END PLASTIC CAP (34)** onto each end of **BENCH PRESS ARMS (18)**. Slide arms onto **PIVOT TUBE (15)** and up against Plastic Shroud.
- ☐ Next, assemble **ROLLER BRACKETS (16)** to the center tube on **BENCH PRESS CROSS BRACE (17)** with **5/16" X 2 1/4" HEX HEAD BOLTS (46)** and **5/16" HEX NUTS (52)**
- ☐ Bolt the **2" DIAMETER ROLLER (37)** in position between the Roller Brackets using **3/8" X 2 1/4" HEX HEAD BOLT (62)** and **3/8" HEX NUT (63)**. Do not tighten enough to keep the roller from turning freely.
- ☐ Press **1 1/2" SQUARE PLASTIC CAPS (32)** into ends of Cross Brace.

- ☐ Position Cross Brace into the open section of Shroud and attach to **BENCH PRESS ARMS (18)** using **5/16" X 3 1/2" HEX HEAD BOLTS (49)**, **5/16" FLAT WASHERS (51)**, and **5/16" HEX NUTS (52)**.

- ☐ Swing Leg Extension Assembly down slowly and align Roller with curved Cam Tube on Extension.

- ☐ Insert **BENCH PRESS HANDLES (19)** into Arms and pin into position using **SMALL LOCKING PINS (38)**.

- ☐ Slide **SMALL FOAM GRIPS (39)** onto handles and cap with **1 1/4" ROUND PLASTIC CAPS (40)**.



STEP 6 LEG EXTENSION ASSEMBLY

HARDWARE

PART NAME	QTY
5/16" X 2 1/4" HEX HEAD BOLT	1
5/16" FLAT WASHER	2
5/16" HEX NUT	1
1 3/4" SQUARE PLASTIC CAP	1
1 3/4" SQUARE PLASTIC COVER CAP	1
1" ROUND PLASTIC CAP	3
3/4" ROUND PLASTIC CAP	2
ROUND WEIGHT BUMPER	1
PLASTIC KNOB	1
LARGE LOCKING PIN	1
EZ-ON CLIP COLLAR	1

- ☐ To **LEG EXTENSION ARM (20)** insert **1 3/4" SQUARE PLASTIC CAP (70)** into top open end of leg extension and **1 3/4" SQUARE COVER CAP (41)** over lower end of leg extension.

- ☐ To **CHROME WEIGHT PIN (23)**, insert **1" ROUND PLASTIC CAP (42)** into each end. Fit weight pin into lower hole on **LEG EXTENSION (20)** and bolt in place using **5/16" x 2 1/4" HEX BOLT (46)**, **5/16" FLAT WASHERS (51)** and **5/16" HEX NUT (52)**.

- ☐ Slide **ROUND WEIGHT BUMPER (43)** over weight pin and down against leg extension.

- ☐ Check the tightness of **PIVOT BOLT (49)** and adjust if necessary, to allow for free arm action without excessive side movement.

- ☐ Press **3/4" ROUND CAP (44)** into **PAD BAR (28)** ends and center bar through **BRACKET (29)**. Assemble **7" FOAM PADS (27)** onto each end of **PAD BAR (28)**.

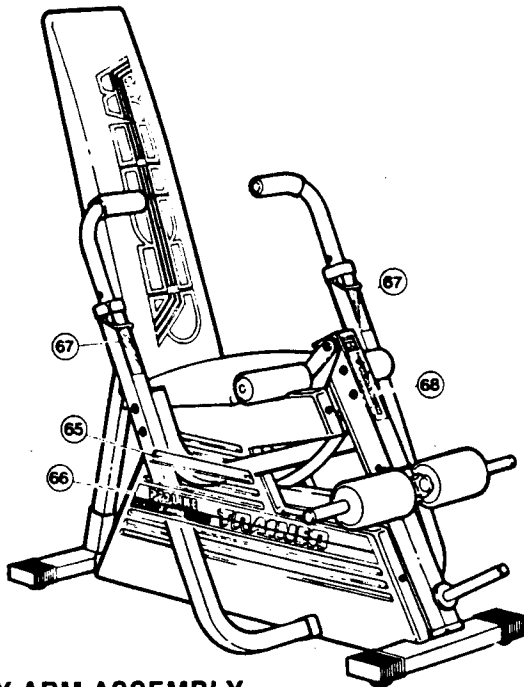
- ☐ Insert **CHROME ROLLER BAR (24)** into lower hole in cover and center. Hold in place by screwing **PLASTIC KNOB (25)** through welded nut and against roller bar.

- ☐ Press **4" X 6" ROLLER PADS (26)** over roller bar and up against cover so that bar protrudes through about 5" on each side. (Using a small amount of liquid dish detergent wiped along the surface of the bar will make assembling pads easier.)

- ☐ Insert **1" ROUND PLASTIC CAPS (42)** into ends of bar.

- ☐ Lower extension cover over leg extension and lock in place with **LARGE LOCK PIN (64)**.

- ☐ **EZ-ON CLIP COLLAR (71)** is used to secure weights that are loaded on to **WEIGHT PIN (23)**.



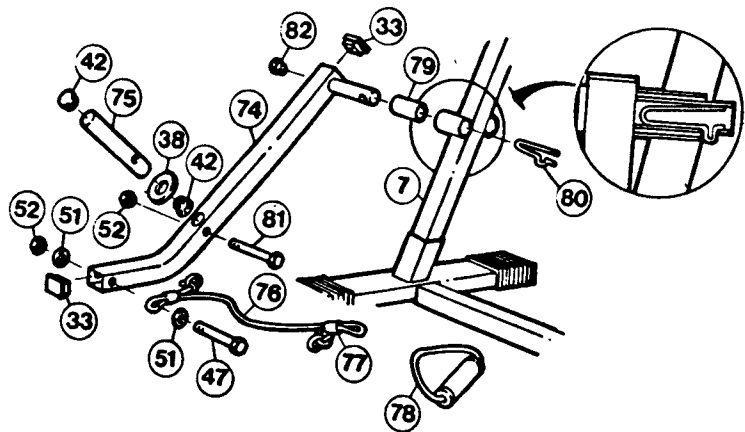
STEP 7 DECAL ASSEMBLY

- ☐ **NOTE:** To make application of decals easier, peel only a small end section of backsheet back and align decal and press exposed adhesive section down against surface. If decal is positioned properly, remove remaining backing and finish application.
- ☐ Assemble 7/8" X 13" **STRIPE (65)** to upper recessed areas in plastic shroud.
- ☐ Affix **LARGE SHROUD DECAL (66)** to shroud sides by positioning decal about 1/2" above molded recess in bottom section of shroud. Align front of decal with molded stripes.
- ☐ Affix **BENCH PRESS DECAL (67)** to arms directly below bottom edge of plastic caps.
- ☐ Position **LEG EXTENSION DECAL (68)** to upper portion of extension cover and press into place.

STEP 8 FLY ARM ASSEMBLY

HARDWARE

PART NAME	QTY
5/16" X 1 3/4" HEX HEAD BOLT	2
5/16" X 2 1/2" HEX HEAD BOLT	2
5/16" FLAT WASHER	4
5/16" HEX NUT	4
1 1/2" SQUARE PLASTIC CAP	4
1" ROUND PLASTIC CAP	4
7/8" ROUND PLASTIC CAP	2
ROUND WEIGHT BUMPER	2
2" LONG PLASTIC BUSHING	2
STOPPER PIN	2
3/4" ALUMINUM FERRULE	4



- ☐ Press 1 1/2" **SQUARE PLASTIC CAP (33)** into each end of **FLY ARMS (73)** and **(74)**.
- ☐ Press 1" **ROUND PLASTIC CAP (42)** into each end of **WEIGHT STACK PIN (75)** and bolt pin to **FLY ARM (74)** and **(75)** with 5/16" X 1 3/4" **HEX HEAD BOLT (81)** and 5/16" **HEX NUT (52)**.
- ☐ Slide **WEIGHT BUMPER (38)** over weight pin and down against fly arm.
- ☐ Press 2" **PLASTIC BUSHING (79)** into welded bushing on **BACKREST SUPPORT (7)**. Insert fly arm pivot tube into back side of support so tube extends through bushing. Lock into place using **STOPPER PIN (80)**. (SEE DETAIL INSERT) Cap opposite end of pivot tube with 7/8" **ROUND PLASTIC CAP (82)**.
- ☐ Insert **NYLON CABLE (76)** through 3/4" **FERRULE (77)** and loop around mid-point of **DUMBBELL HANDLE (78)**. Pass cable back through ferrule and tie a knot in the end of the cable to prevent it from pulling back through. Pull cable tight to snug knot against ferrule and dumbbell handle.
- ☐ Form a loop in the other end of the cable as done for dumbbell handle. Using a 5/16" X 2 1/2" **HEX HEAD BOLT (47)**, 5/16" **FLAT WASHER (51)**, and 5/16" **HEX NUT**, trap cable loop between flat washer and fly arm. Pull cable loop tight around bolt and tighten bolt so as to secure cable in place. DO NOT OVERTIGHTEN as cable should be loose enough to pivot around bolt.

REPAIR PARTS AND SERVICE

IMPORTANT

BEFORE CALLING THE 800 NUMBER

**IN ORDER TO RECEIVE SERVICE ON THIS PRODUCT YOU WILL HAVE TO FIRST
SEND IN YOUR WARRANTY CARD**

CUSTOMER SERVICE 1-800-225-0653

ALL OF THE PARTS FOR THE WEIGHTBENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST JOHN ST OLNEY, IL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

**TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU PURCHASED
THIS UNIT**

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:
MODEL NO. NAME OF PART ORDERING NUMBER

WARNING

CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.

TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORK OUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.